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Woman found in field city's eighth homicide

27-year-old Amy Paul, reported missing since Sept. 9, confirmed as victim by police

PAGE 6

Appeal to all senses. And then one

Metro's photo contest is underway, and the Canadian judges expect you to go beyond the obvious

PAGE 18

Tragedy in Ottawa

Bus collides with VIA train
killing six, injuring dozens more

PAGES 3-5

ADRIAN WYLD/THE CANADIAN PRESS

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Lived in Gloucester

Veteran bus driver remembered as 'very nice guy'

As family and friends mourn the death of five passengers killed in Wednesday's



Dave Woodard is seen in this undated Facebook photo. FACEBOOK.COM

OC Transpo and VIA train crash in Barrhaven, a Gloucester family is grieving the deadly collision's sixth victim — bus driver Dave Woodard, 45.

People who know the family said the driver's relatives were traumatized by news of the crash and Woodard's death.

Reached by phone Wednesday afternoon, a neighbour, who lives in the same Gloucester apartment complex as Woodard, expressed disbelief that Woodard was behind the wheel of the mangled double-decker bus.

"He was a very nice guy," said the woman, who didn't want her name published. "It was a very big shock. I was just speaking with him yesterday and it just blew me away when I heard he was the driver."

Woodard had 10 years' experience as an OC Transpo bus driver. He was driving the 76 bus during the morning rush hour when the bus collided with a train.

The neighbour said she knew Woodard for about five or six years and often spoke to him in the hallways or outside their building. **JOE LOFARO/METRO**

Officials investigate cause of collision

Transit officials gathered evidence and began to piece together what led to a collision between a train and double-decker bus that killed six and injured dozens more Wednesday.

"Right now we're just gathering information, mainly looking at getting the event recorders from the bus, from the locomotive as well as the

crossing protection," said Glen Pilon, lead investigator for the Transportation Safety Board of Canada.

He said the equipment could show the speed of the vehicles, whether they braked before impact and if they were working properly.

Gregory Mech was on the second level of bus 76 and described the impact which

killed driver Dave Woodard and five passengers. "My personal assessment was that he did not brake. Others said he broke a second before impact," he said.

He said he saw the crash coming and braced for impact with the seat in front of him. "We were all thrown forward upon the initial impact," he said, "but as the train was go-

ing through the crossing it was still moving forward through it. We had a left-right shake."

He added an 80- to 90-degree turn in the road before the crossing may have contributed.

"You don't see the crossing until you complete the curve," he said, adding that there are 100 to 200 metres before the crossing. **GRAHAM LANKTREE/METRO**

Screams of 'Stop! Stop!' as bus smashed into train

Route 76. At least six people were killed 'who started off (a) bright sunny day as we all did,' said the mayor following the worst disaster in the history of OC Transpo

Passengers aboard a double-decker city bus screamed "Stop! Stop!" as the driver plowed through a flashing level crossing and into a passing VIA Rail train Wednesday morning, killing at least six people and injuring many more.

The horrific collision sheared off the front of the bus and knocked the VIA locomotive and one of four passenger cars off the tracks.

Police confirmed six dead while several area hospitals were flooded with 31 patients, including 11 in critical condition.

"People started screaming, 'Stop, stop!' because they could see the train coming down the track," said student Tanner Trepaniere, who was on the upper



A police officer gestures as other emergency workers and bystanders rush to help the injured following a devastating crash between a VIA Rail train and a city bus in Barrhaven on Wednesday morning. TERRY PEDWELL/THE CANADIAN PRESS

level of the new, double-decker OC Transpo bus.

Both levels of the front end of the bus, extending back to the driver's seat, were ripped off by the impact.

"There was a lot of screaming, but then people were actually relatively calm, considering the situation," Trepaniere said of the aftermath.

The bus was on a dedicated transit line that runs parallel to a busy commuter artery just east of a suburban VIA Rail station, about 10 kilometres west of Parliament Hill.

Pascal Lolgis, who witnessed the crash, said the bus appeared to drive through a lowered crossing barrier.

Ottawa police spokesman Const. Marc Soucy said police responded at 8:48 a.m. Rescue crews swarmed over the mangled wreckage of the bus as ambulances, fire trucks and police vehicles flooded the scene.

At a press conference held Wednesday afternoon at city hall, Mayor Jim Watson summed up the shock of the crash and its effect on the com-

munity.

"The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa and in fact all of Canada. We've lost six of our neighbours, people who started off this bright sunny day as we all did, heading from their homes and loved ones to go about with their daily lives, and then this terrible tragedy struck and in literally a moment we lost six residents of our city," said Watson. **JOE LOFARO, GRAHAM LANKTREE, SEAN MCKIBBON, STEVE COLLINS/METRO, WITH FILES FROM THE CANADIAN PRESS**

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Politicians offer condolences

Thoughts and prayers

Local, provincial and national officials joined the outpouring of sympathy for the victims of Wednesday's crash and their loved ones:

"The sorrow that we all feel is deep and I'm sure shared by all residents of Ottawa and in fact all of Canada. We've lost six of our neighbours, people who started off this bright sunny day as we all did, heading from their homes and loved ones to go about with their daily lives, and then this terrible tragedy struck and in literally a moment we lost six residents of our city.... On this very difficult day in Ottawa, we're very appreciative of the outpouring of condolences and words of support we've heard from both those within and outside our city."

— Mayor Jim Watson

"I extend my deepest sympathies and condolences to the families who have lost loved ones and who were affected

by this horrible tragedy. Everyone who has been affected in this accident are in my thoughts and prayers."

— Barrhaven Coun. Jan Harder

"I know I speak on behalf of everybody here to give love, support and grief to my constituents, those who have lost loved ones.... I am sure you will understand that I will take leave of this place today to be with my community, and I want to thank all my colleagues who are going to be with us in prayer."

— Nepean-Carleton MPP Lisa McLeod, in the provincial legislature

@pmharper (Stephen Harper): Deeply saddened to hear about the bus-train collision in Ottawa this morning. Our thoughts & prayers are w/ the families of those involved.

@Kathleen_Wynne: Thinking of all families affected by horrible accident in Ottawa. Thanks to first responders on the scene.

STEVE COLLINS/FOR METRO

Victims, witnesses struggle to make sense of disaster

Aftermath. Family members search for loved ones, city sets up reunification centre at Nepean Sportsplex



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Shocked passengers and witnesses described a chaotic scene as they struggled to make sense of what caused a crash between a VIA Rail train and a double-decker OC Transpo bus that killed six and injured 30 Wednesday.

"I talked to police officers and they couldn't give me any information at all," said Cedrick Gonga-Cave, who dropped off his mother at the Fallowfield transit station at

8:40 a.m. and returned when he heard about the crash at the level crossing near Fallowfield Road.

Gonga-Cave said he could not reach his mother at her desk in the Place du Portage government buildings. "She's not there. I hope she's OK," he said as he continued his search.

Heather Hogan, who saw the train derail as she waited to travel to Kingston, described the chaotic scene that unfolded immediately after the collision. "As soon as the ambulance came, it was frantic. They were getting tarps out (to cover bodies)," she said.

Other passengers who witnessed the crash said it was hard to say what caused the collision. "All of a sudden there was a crazy amount of dust flying everywhere and

the first car came off the track and it was like, 'Oh my God!'" said Deborah Parsons, who was waiting to board train 51 to Toronto.

"There was a fire and the train was off the track. We didn't know a bus was involved until we spoke with a friend on the train," said Parsons, who planned to join them with her husband, Terry, as they travelled to meet with friends for a golf tournament in London, Ont.

Parsons managed to exchange her tickets and planned to travel by car to Brockville and continue on to Toronto and offered other stranded passengers a ride.

"We heard her talking that she didn't have a way to get to Brockville," Parsons said after she encouraged another woman to join them. "We're just going to help her."



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Pet Friendly



scene following a bus-and-train collision in Ottawa's west end on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Safety board. Officials previously urged safety upgrades at level train crossings

Federal transportation safety officials have been urging the government for more than a decade to do more to prevent the kind of level-crossing crash that claimed at least six lives in Ottawa.

Transport Canada and the rail industry have taken steps to improve safety at crossings, but some recommendations remain outstanding, says the Transportation Safety Board.

"The risk of passenger trains colliding with vehicles remains too high in busy rail corridors," the safety board says in a notice on its website.

Transport Canada must implement new grade-crossing regulations, develop better standards for certain types of crossing signs and continue its leadership role in crossing safety assessments, the notice says.

It also calls for more efforts to improve public awareness of the dangers at railway crossings.

"It is something we have

Risk 'too high'

"The risk of passenger trains colliding with vehicles remains too high in busy rail corridors."

Transportation Safety Board in a notice on its website

been watching," safety board investigator Glen Pilon said Wednesday at the crash site.

From 2003 to 2012, there have been 86 collisions between vehicles and trains at crossings on the busy Windsor, Ont.-Quebec City rail corridor, board figures show.

In the most recent five years, there were 29 collisions — a decrease from 57 crashes during the previous five years, the safety board says.

"The board acknowledges this improvement but remains concerned that the risk to Canadians persists."

THE CANADIAN PRESS

A look back

The TSB urged Transport Canada in 2001 to usher in new safety regulations or all grade crossings.

- The new rules would set out responsibilities for rail companies, public road authorities and private road owners.
- 12 years later draft regulations have yet to be put into effect.
- Transport Canada figures show it cut money for safety improvements at crossings in 2013-14 to \$11.2 million, from \$13.1 million.
- A 2007 Transport Canada report said improving safety at level crossings has been complicated over the years by the jurisdictional tangle of federal, provincial and municipal governments.

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Ottawans' van may have been hit by landslide, N.Z. police say



Connor Hayes, 25, and Joanna Lam, 24, have gone missing in New Zealand. NEW ZEALAND POLICE HANDOUT

Search is on. Local officers say a chopper with heat-seeking equipment will join the search for the two on Thursday

As the search for two missing Canadians continues in New Zealand, police say they are looking at the possibility the couple's vehicle may have been caught in a landslide.

They are also investigating whether 25-year-old Connor Hayes and 24-year-old Joanna Lam may have somehow driven off the road.

A spokeswoman for Tasman Police said early Wednesday that an investigation will establish what happened.

The couple were last seen

Quoted

"Consular officers remain in contact with family members and are providing assistance."

Foreign Affairs spokesman Ian Trites

Sept. 10 at Fox Glacier, a popular tourist destination.

They were reported missing by a family member in Canada on Monday after Lam didn't show up for her first day of work at the health board in the city of Nelson.

Police crews along with volunteers searched the Haast River area for the couple Wednesday, but were unable to find any trace of them.

The couple's wrecked rental van was located Monday in a gorge and more

debris believed to be from the vehicle have washed up on a beach seven kilometres away.

Police say a helicopter with heat-seeking equipment will join the search Thursday. A search dog is also being brought in from Christchurch to assist the ground teams.

Meanwhile, Foreign Affairs says Canadian consular officials are working closely with local authorities.

"Consular officers remain in contact with family members and are providing assistance," said spokesman Ian Trites.

THE CANADIAN PRESS

On the web

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Cousin: Homicide victim, 27, was 'too young to die'

Ottawa police confirmed Wednesday morning the body found in a hayfield in south Ottawa Tuesday is that of 27-year-old Amy Paul.

Const. Marc Soucy said Paul's family reported Paul missing on Sept. 9, but no media release was issued.

"It's up to the investigators but, yes, it's true we don't always issue out a release," said Soucy.

Early Wednesday morning, supporters of the missing woman shared their grief on a Facebook page dedicated to locating her. The page said Paul had "not been heard from or seen since Sept. 3, 2013."

At 3:08 a.m., a post read, "It is with sad regret I have to inform you that Amy has passed away ... Our prayers and thoughts are with her parents, brother, sister, daughter, nieces and



Amy Paul is seen in this undated Facebook photo. FACEBOOK

nephew; may Amy rest in peace."

Paul's grieving cousin, Melissa Leblanc, wrote to Metro the 27-year-old was "too young to die."

"(She) leaves behind

many: daughter, father, mother, sister, brother, nieces and nephew and many aunt(s), uncles and cousin, also good friends who will all miss her, but she will never be forgotten," wrote Leblanc.

Ottawa police issued a news release Wednesday night saying Paul's death is now considered a homicide.

Police were still conducting a ground search of the crime scene Wednesday morning.

An autopsy was also scheduled to be conducted Wednesday.

A farmer working his hay field early Tuesday discovered the body near a patch of woods on Cabin Road. Police got a call from the man's home in the 2900 block of Nixon Drive at 9:15 a.m.

Paul is Ottawa's eighth homicide victim of 2013.

JOE LOFARO/METRO



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Victory Hill resident James Turner shows a trail that NCC workers began clearing, despite an ongoing dispute between the agency and tenants like Turner who say the planned trails will infringe on their privacy. SEAN MCKIBBON/METRO

Cottagers confused after clash with NCC over disputed land

Victoria Hill. NCC can't explain why workers jumped gun on cutting nature trails ahead of promised meeting with tenants



STEVE COLLINS
ottawa@metronews.ca

National Capital Commission plans for a recreational pathway through the forested Victory Hill area, between Prince of Wales and the Rideau River, are running into opposition from residents who've lived there for decades under an unusual leasing agreement.

"It's very complicated because we own our homes, we've always owned our homes, our families have

Quoted

"If they complete these trails ... they'll pass three sides of my home. It'll be all around me. Our normal way of life will be definitely changed"

Resident James Turner

owned our homes, and we lease the land," said resident James Turner, who inherited one of three houses left on the NCC-owned land from his father, a World War II veteran. The area, he said, once contained about 35 homes, mostly veterans who were given licenses to put houses on the land.

Turner said the NCC had assured him he'd be consulted before any work progressed on a pathway near his home,

but workers showed up unannounced Monday morning and began clearing bush. He called police, who stopped the work.

The proposed gravel pathway has Turner worried about local wildlife, as well as his privacy and security with increased foot traffic.

"If they complete these trails they want to do, they'll pass three sides of my home, he said. "It'll be all around me. Our normal way of life will be definitely changed."

The NCC has agreed to stop work and meet with residents about the pathway.

"How come (workers) went out yesterday before the meeting is something that I can't explain," said NCC spokesperson Sandra Pecsek. "Once they expressed their concern about it we stopped the work and there's a meeting planned for October with them."

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Road trip through beautiful ... N. Korea?

Historic ride.

Motorcyclist Gareth Morgan and four others journeyed through the reclusive nation and were treated like royalty

KIERON MONKS

Metro World News in London

Best known for gulags, dictatorship and secrecy, the "Hermit Kingdom" is not an obvious choice for a road trip. But those warning signs served as motivation for New Zealander Gareth Morgan, who has completed the first pan-Korean motorcycle ride with his wife and friends.

"I've been working on it since 2006," said the 60-year-old adventurer by Skype from South Korea, recounting the marathon of bureaucracy he endured to make the four-week trip happen.

While planning a round-the-world ride, Morgan met with a North Korean friendship society in New Zealand, which obtained an invitation to Pyongyang to go and pitch to government officials.

"I told them I wanted to ride the mountain range that is the backbone of the Korean peninsula and remind the world about the one-third of the Korean population that live in the North."

Over several years a route was agreed on with the co-operation of South Korea and the UN, including a historic agreement to allow the five



Motorcyclist Gareth Morgan deals with North Korean security. COURTESY WORLDDBYBIKE.COM

riders through the Demilitarized Zone (DMZ) that has separated the Koreas for 60 years.

The riders faced difficulties entering the country from Siberia. Russian authorities demanded a huge fee for the two-kilometre train ride and had many conditions to allow the motorbikes' passage.

When they were finally allowed to travel, North Korean security confiscated their passports. Remarkably, it signalled a change in fortune.

"They said, 'You don't have to go through customs



The team at Mount Paektu, North Korea's most famous mountain. COURTESY WORLDDBYBIKE.COM

— you're special," recalled Morgan.

Set free on the route

hugging the Baekdudaegan mountain range, Morgan was "blown away" by the differ-

ence between rumour and reality.

"We always hear about extreme poverty, but there is only famine if the crops fail and this year the harvest was good. The villages were in good shape and the people were well dressed.... We were definitely the scruffiest people around."

While the riders had a security escort, they were allowed to mingle with locals. They were invited to a beach party and enjoyed a 13-course meal usually reserved for the highest rank of VIP.

"The message I was get-

ting was that they didn't want isolation, and hoped it would be better for their children. They are terrified that the U.S. could invade at any minute as they are always hearing about military exercises on the border."

The party stopped at the DMZ, where poor planning almost caused disaster.

"The crossing had no vehicle access on the southern side so they had to change the plan. The North Koreans went crazy because they had to get new permissions for a different area. They worked all day on a public holiday to pull it off."

When the two heavily armed sides, with the riders, reached the meeting point in no-man's land, the North Koreans were suspicious that their enemies were playing games.

"They didn't know what was happening, but they left us food and water if we had trouble. It was quite an emotional goodbye. But when we reached the crossing, there were U.S. soldiers who welcomed us warmly and said, 'We didn't think this had a hope in hell.'"

The riders would receive the same reaction in the South, but Morgan said he believes there is enough desire for peace on both sides to make progress, and holds the U.S. and China responsible for the rift.

"It's a frontier between the superpowers, it's not the Koreans' issue. I tell the South Koreans, 'When I go North again, I'm taking you with me.'"

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Fibe | Bell

U.S. firearms debate. Starbucks says guns not welcome, but not banned

Starbucks has always tried to set itself apart by taking strong positions on progressive political issues. Now that reputation has landed the company in the middle of the heated national debate over gun laws.

On Thursday, the Seattle-based company will run full-page ads in major newspapers, telling customers that guns are no longer welcome in its cafes. But Starbucks is stopping short of an outright ban, meaning that gun-toting customers will continue to be served.

The move comes as the company finds itself at the centre of a fight it didn't start. In recent months, gun-control advocates have been pressuring Starbucks to ban firearms, while supporters of gun rights have celebrated the company's decision to defer to local laws. About a month ago, Starbucks shut down a store in Newtown, Conn., early to avoid a demonstration by gun-rights ad-

Let's talk numbers

- In 2012, the coffee company brought in over \$13 billion in total annual revenue, operating across 55 countries

vocates. They had planned to stage a "Starbucks Appreciation Day," bringing their firearms and turning the company into an unwitting supporter of gun rights.

But for some, support for firearms runs counter to the Starbucks image. Part of the brand's attraction is the company's support of environmental issues and health-care benefits for workers.

Yet with over 7,000 company-owned stores across the country — in red states and blue — Starbucks is being forced to tread carefully with its special blend of politics and commerce.

THE ASSOCIATED PRESS



Athens: Clashes erupt after fatal stabbing

Violent clashes broke out in several Greek cities Wednesday after a hip-hop artist described as an anti-fascist activist was stabbed to death by a man who said he belonged to the far-right Golden Dawn party. The death of Pavlos Fyssas, 34, drew condemnation from across Greece's political spectrum and abroad. While the extremist Golden Dawn has been blamed for numerous violent attacks in the past, the overnight stabbing is the most serious violence so far directly attributed to a member. KOSTAS TSIRONIS/THE ASSOCIATED PRESS

Richmond, Virginia

Facebook 'like' ruled free speech

Clicking "like" on Facebook is constitutionally protected free speech and can be considered the 21st-century equivalent of a campaign yard sign, a federal appeals court ruled Wednesday.

The 4th U.S. Circuit Court of Appeals in Richmond reversed a lower court ruling that said merely "liking" a Facebook page was insufficient speech to merit constitutional protection.

Exactly what a "like" means — if anything — played a part in a Virginia case involving six people who say Hampton Sheriff B.J. Roberts fired them for supporting an opponent in his 2009 re-election bid, which he won. The workers sued, saying their First Amendment rights were violated.

The ruling protects free speech regardless of venue, whether a sentiment is expressed in the physical world or online.

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Blake Loates, an Edmonton photographer whose sister is developmentally disabled, was shocked to see the words "YOU RETARD" stamped on the underside of a Vitamin Water bottle cap. LUCY HAINES/FOR METRO IN EDMONTON

Coca-Cola apologizes for 'you retard' cap

'Shocked.' Edmonton woman, whose sister is developmentally disabled, discovers 'R word' on bottle of Vitamin Water

Coca-Cola apologized Wednesday to the family of an Alberta woman who was shocked to unscrew a bottle of the company's Vitamin Water and find the words "YOU RETARD" printed inside the cap.

Edmonton-based photographer Blake Loates said she and her husband discovered the cap while out for dinner on

Tuesday night.

"We were both pretty shocked," she said.

What makes the situation even more upsetting to Loates is that her younger sister Fiona is living with cerebral palsy and autism, and Loates was taught that the "R-word" is completely unacceptable.

"The R-word is just something we don't say in my family," said Loates. "My dad is quite upset and is on a rampage."

Her father, Doug Loates, who lives in Tacoma, Wash., with twin 11-year-old daughters Fiona and Maddi, stayed up all night writing letters to Coca-Cola, looking for an explanation for the offensive cap.

"I am astonished that a major corporation could allow someone to tarnish their brand," he said. "Not everyone in Canada speaks French — like my daughter Blake."

The caps are part of a promotion run by the company, displaying a random English word followed by a random French word. "Retard" in French means lateness or delay.

Since the issue was brought to Coca-Cola, the company has been in touch with the Loates family to offer an apology.

"We did not mean to offend at all," said Shannon Denny, director of brand communications for Coca-Cola Refreshment Canada. "We are cer-

tainly very apologetic for this oversight."

The process of matching the English and French words is supposed to be completely random, according to Denny, and the chances of those two words being paired together was slim.

David Thomson, vice-president of still beverages for Coca-Cola, said the remaining caps in their facilities have now been destroyed.

"We have learned from this and it was a mistake," he said. "At no point in time did we intend on offending anyone by any stretch, and we have cancelled and moved on and have dealt with this as soon as possible." CANDICE WARD/FOR METRO IN EDMONTON

Facebook pulls Rehtaeh Parsons dating ads

The use of photos of Rehtaeh Parsons in online dating ads posted on Facebook is upsetting but ultimately an inevitable reality of social media, an expert in Internet and privacy law said Wednesday.

Prof. Robert Currie of Dalhousie University in Halifax said companies are increasingly using automated programs that rip photos from websites, and it was only a matter of time before the now-ubiquitous image of the 17-year-old girl wound up

somewhere it shouldn't have.

"This is how technology works and it's another example of how little control anyone has over any image once it gets out into the Internet sphere," said Currie.

"It really seems to me to be an unfortunate accident that is causing a lot of grief and heartbreak to the Parsons family and others who loved this girl and who were disturbed by this case. But it's just the kind of thing that is going to happen."

The ads for ionechat.com featured pictures of Parsons under the heading, "Find Love in Canada! Meet Canadian girls and women for friendship, dating or relationships."

Parsons hanged herself in April and was taken off life-support days later. Her family says her death was brought on by months of bullying following an alleged sexual assault.

The administrator of ionechat.com, Anh Dung, said the photos used in the ads were

a mistake and taken randomly from Google by a so-called image scraper.

"I'm a foreigner, so I didn't even know her name and the story ... so I didn't know it was the victim's photo," Dung wrote in an email.

Facebook apologized for the ads, saying they were a "gross violation" of the company's policies and have been removed, and ionechat.com has been banned from advertising on its website. THE CANADIAN PRESS



A woman holds a photo as hundreds attend a community vigil to remember Rehtaeh Parsons in Halifax in April. Facebook apologized Tuesday for featuring an ad for a dating website that used a picture of Parsons, the 17-year-old Nova Scotia girl who died after attempting suicide. ANDREW VAUGHAN/THE CANADIAN PRESS

"I can record 4 shows at once."

Fibe | Bell

Britain. Pragmatic ruling brings compromise to heated religious debate

In Britain this week, a judge struck a blow for religious freedom. Or for secularism. It depends on whom you ask.

Judge Peter Murphy ruled that a female Muslim defendant may stand trial wearing a face-covering veil — but must remove it when giving evidence. The compromise ruling had some insisting it backs a woman's religious right to wear the veil, and others saying it shows British justice remains independent and won't bow to religious demands. **THE ASSOCIATED PRESS**



Veiled mannequins at a Muslim World Fair exhibition in Le Bourget, France.
THE ASSOCIATED PRESS FILE

Clever pickpockets

Going incognito with fanny packs, comfy shoes and digital SLRs

French police have arrested a gang of pickpockets who dressed like tourists in order to target visitors to Paris's

most famous museums and monuments. The group was sophisticated, dangling cameras from their necks to blend in, always buying entry tickets and slipping away unnoticed. They operated at the Louvre, the Musée d'Orsay, the Eiffel Tower and the Chateau de Versailles, bringing in as much as \$2,700 per day.

THE ASSOCIATED PRESS

France's pretty little girls may be denied a stage

Move to ban beauty pageants for children. After all, there are no mini-Mr. contests, lawmaker says

France's Senate has voted to ban beauty pageants for children under 16, in an effort to protect girls from being sexualized too early.

Anyone who enters a child into such a contest would face up to two years in prison and 30,000 euros in fines. A pageant organizer lamented that the move was too severe.

The Senate approved the measure 197-146 overnight, as an amendment to a law on women's rights. The legislation must go to the lower house of parliament for further debate and another vote.

Such beauty pageants, involving girls of all ages often heavily made up and dressed

up, regularly elicit public debate in France and elsewhere.

"The foundations of equal rights are threatened by the hyper-sexualization that touches children ... between 6 and 12 years old," said conservative lawmaker Chantal Jouanno, who authored the amendment.

"At this age, you need to concentrate on acquiring knowledge. Yet with mini-Miss competitions and other demonstrations, we are fixing the projectors on their physical appearance," she said.

She noted the amendment is primarily focused on protecting girls. "When I asked an organizer why there were no mini-boy contests, I heard him respond that boys would not lower themselves like that."

The amendment's language is brief but sweeping: "Organizing beauty competitions for children under 16 is banned." **THE ASSOCIATED PRESS**



Oceane Scharre, 10, elected Mini Miss France 2011, is seen with Miss France 2011 Mathilde Florin. France's Senate voted Tuesday to ban beauty pageants for children under 16. MINI MISS COMMITTEE/THE ASSOCIATED PRESS

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Egypt. Ousted leader tells family he's in good health in first talk since detention

Egypt's ousted president, Mohammed Morsi, told his wife and children he is in good health in his first conversation with his family since the military removed him from office and detained him in a secret location more than two months ago, one of his lawyers said Wednesday.

The phone calls were an apparent gesture by the military as authorities prepare to put Morsi on trial on charges of inciting the killing of protesters during his year in office — though no date for the trial has been set. Morsi's legal team has so far not been able to talk to him, said the lawyer, Mostafa Atteyah.

The trial of Egypt's first freely elected president is one link in a wide-scale crackdown on his Muslim Brotherhood that has eviscerated its leadership and much of its crucial mid-level organizers. More



Mohammed Morsi

SEAN GALLUP/GETTY IMAGES FILE

than 2,000 jailed Brotherhood members are facing potential prosecution in multiple cases.

Members of the Brotherhood's legal team say the process so far has been confused and opaque, with their lawyers given little access to their clients. **THE ASSOCIATED PRESS**

Australia

Lawyer confirms mom who drowned kids killed herself

The lawyer for a mother who drowned her two children in a bathtub in rural Alberta says the woman had become emotional at the christening of a friend's new baby before she killed herself in Australia.

Peter Royal says Allyson

McConnell was also upset about the Alberta Crown's upcoming appeal of her manslaughter conviction.

McConnell's trial heard that she was depressed and suicidal when she drowned her two young sons in the town of Millet, south of Edmonton, in 2010.

She served 15 months in a psychiatric hospital before she was deported back to her native Australia in April.

THE CANADIAN PRESS

Gunman visited hospital ER weeks before rampage

Navy Yard shooting.

Aaron Alexis wasn't stripped of security clearance despite mental illness

The Washington Navy Yard gunman visited two hospitals in the weeks before the rampage but did not say he was depressed or having thoughts of harming himself or others, the Veterans Affairs Department said Wednesday.

Aaron Alexis, a former Navy reservist who killed 12 people Monday before being slain in a police shootout, complained of insomnia during an Aug. 23 emergency room visit at the VA Medical Center in Providence, R.I. He was given sleep medication and was advised to follow up with a doctor.

He made a similar visit five days later to the VA hospital in Washington, when he again complained of not being able to sleep because of his schedule. His medication was refilled.

Law enforcement officials have said the 34-year-old man was grappling with paranoia, hearing voices and convinced he was being followed.

Two weeks before his ER visit, he complained to police in Rhode Island that people were talking to him through the walls of his hotel room and sending microwave vibrations



Melinda Downs sheds tears as she speaks about her friendship with Aaron Alexis during an interview Tuesday in Fort Worth, Texas. LM OTERO/THE ASSOCIATED PRESS

into his body to deprive him of sleep. Newport police alerted the naval station, and they did not hear from him again.

Meanwhile, Alexis's mother said Wednesday she does not know why her son opened fire at the Navy Yard.

"Aaron is now in a place where he can no longer do harm to anyone, and for that I am glad," Cathleen Alexis said. "To the families of the victims, I am so very sorry that this has happened. My heart is broken."

THE ASSOCIATED PRESS

Murder weapon

On Saturday, Alexis visited Sharpshooters Small Arms Range in Lorton, Va.

- He tried to buy a handgun, but federal law prevented him from doing so because he had an out-of-state ID, the store's attorney said.
- He then bought a shotgun

and 24 shells. The law allows stores to sell shotguns and rifles to out-of-state buyers.

- Two days later, as the work week dawned, Alexis entered the sprawling Washington Navy Yard. He was equipped with his pass for base access — and the shotgun.

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Climate debate heats up in Washington

Keystone XL.

Environmentalists plan 'Draw the Line' rallies this weekend in national day of action

U.S. President Barack Obama's sweeping climate agenda was in the spotlight on Capitol Hill on Wednesday

with his two newly appointed environmental czars chiding those who doubt the existence of climate change as congressional wrangling over TransCanada's Keystone XL pipeline raged on.

"The increase in the quantities of greenhouse gases in the atmosphere as a result of human activity, above all the combustion of fossil fuels, has reached the point that it

Quoted

"The evidence is overwhelming, the science is clear."

Energy Secretary Ernest Moniz, to the energy and commerce committee at the House of Representatives, where Republican legislators remain skeptical about climate change.

is profoundly affecting the climate," Energy Secretary Ernest Moniz told a hearing of the energy and commerce committee at the House of Representatives.

Questions from lawmakers to Moniz and his colleague, Gina McCarthy, head of the powerful Environmental Protection Agency, focused on upcoming greenhouse-gas emis-

sions standards for existing power plants — regulations that opponents say will have a devastating economic impact on coal-producing states.

Keystone XL wasn't immediately a subject of discussion at the House hearing on Wednesday, possibly because both McCarthy and Moniz have steered clear on weighing in on the merits of the pipeline. But outside the hear-

ing, Eric Cantor, the majority leader of the House of Representatives, told the media that Republican House leaders plan to advance Keystone XL by inserting a resolution into legislation to raise the U.S. debt ceiling — the latest attempt to force the White House into green-lighting the project by attaching pro-pipeline language to bigger bills.

THE CANADIAN PRESS

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Protesters want naked truth

A demonstrator from the Avaaz organization wears posters that read in Portuguese, "We have nothing to hide. And you Senator?" outside Congress in Brasília, Brazil, Wednesday to protest the country's system of secret voting. Demonstrators are asking for congressional voting to be opened to the public. ERALDO PERES/THE ASSOCIATED PRESS

Trapped 16 days in well. Woman says she survived on corn and rainwater

A woman stranded for 16 days in an abandoned well in central China said Wednesday she shouted for help every day and began to lose hope, but managed to survive on raw corn and rainwater.

Su Qixiu, 48, was gathering herbs when she fell into the four-metre-deep well in a village in Henan province on Sept. 1. Her husband and children searched for her without success, but she was finally found Monday by a passerby,

state media reported.

"I shouted every day in those 16 days. And spoke a lot of nonsense. I was scared and felt hopeless," said Su, speaking slowly and weakly from her hospital bed.

Su said she lost around 15 kilograms and now weighed around 40-45 kilograms. Her doctor said that Su at first was unable to speak and had organ failure, but that her condition had stabilized.

THE ASSOCIATED PRESS



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Wildlife

Walrus safety top of mind in Alaska

The U.S. Fish and Wildlife Service is taking steps to protect hundreds of walrus that have gathered on Alaska's northwest coast.

Spokeswoman Andrea Medeiros said Wednesday that the agency has begun its protocol to prevent stampedes among the animals that gather in close quarters on remote Arctic beaches. The measures include limiting flights in the area and warning nearby villages to avoid walrus herds.

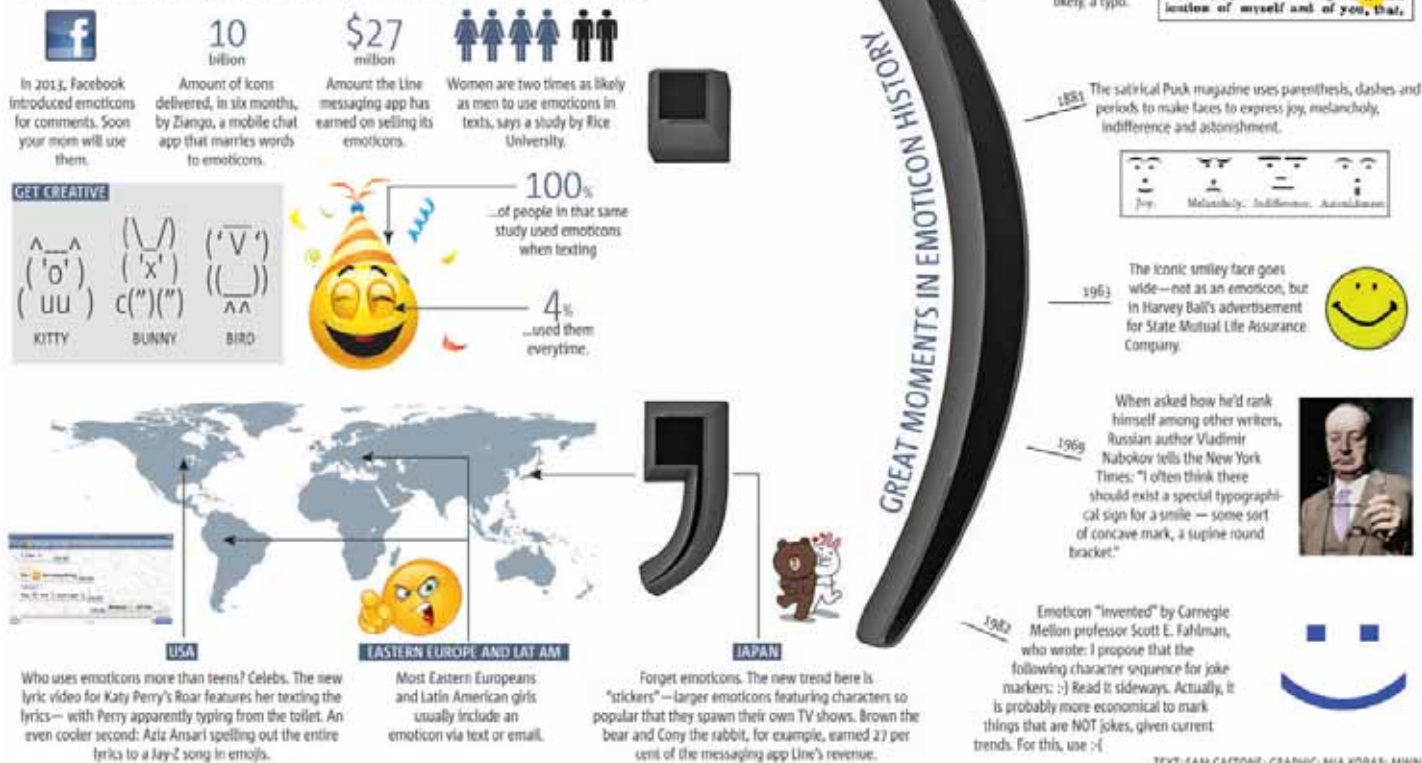
The World Wildlife Fund, using photographs taken Saturday by federal scientists, estimates 2,000 to 4,000 walrus have come ashore on a beach near Point Lay, an Inupiat Eskimo community 1,120 kilometres northwest of Anchorage.

If panicked by an airplane, a human hunter or a polar bear, walrus can stampede for the ocean, crushing pups.

THE ASSOCIATED PRESS

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The symbol was first typed on Sept. 19, 1982. Funny, he doesn't look 31.

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Evenings: 6 pm to 9 pm (6 Levels)

FULL TIME

4 weeks (60 hours in class and 60 hours online)

FRENCH AS A SECOND LANGUAGE (6 LEVELS)

October 15 to November 8, 2013

Levels 1, 3 and 5: 12:30 to 3:30pm

Levels 2, 4 and 6: 9am to noon

November 18 to December 13, 2013

Levels 1, 3 and 5: 9am to noon

Levels 2, 4 and 6: 13:30 to 3:30pm

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Obama tries to recruit
marketers in obesity war

Summit. First lady wants media to promote healthier food to impressionable kids

Michelle Obama used the power of her bully pulpit Wednesday to push food companies and television broadcasters to do more to promote healthier foods to children — and to do it faster.

Research shows food marketing is a leading cause of childhood obesity because the ads and promotions lead impressionable kids to then pester their parents to eat what they saw on TV, consumer advocates say.

The first lady cited a "cultural shift" taking place in America's eating habits, and highlighted as examples salad bars that are now in many school lunchrooms and kids' restaurant menus that offer such items as broccoli and whole-wheat pasta.

But while she said there has been progress, including slight reductions in childhood obesity rates in a few states and cities, Obama



U.S. first lady Michelle Obama, an exercise fanatic whose biceps are envied by women everywhere, is urging marketers and TV broadcasters to promote healthier food to children. JACQUELYN MARTIN/THE ASSOCIATED PRESS FILE

noted that "we clearly have much more work to do" when one in three kids in the U.S. is on track to develop diabetes.

"I'm here today with one simple request and that is to do even more and move even faster to market responsibly to our kids," she said as she opened the first White House summit on the issue.

Dozens of representatives from the food and media industries, advocacy and parent groups, government agencies, research institutions, and others attended.

The goal, she said, is to "empower parents instead of undermining them" as they try to make the best choices for their families.

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PLEASE DRINK RESPONSIBLY.

Make our senses sizzle

The seventh global Metro photo contest is calling on photographers to stimulate our judges' senses. This year's theme is the five senses, plus one. Photographers are invited to submit photos that illustrate each category — sight, sound, hearing, touch, taste and the sixth sense. A winner in each category will be chosen from participating countries with a global winner chosen from those photos. Among those top-six photos, a grand-prize winner will receive a six-day trip to Ghana with Reach for Change. Local winners, plus an overall winner for Canada, will be announced in the newspaper.

Submit photos at metrophotochallenge.com before Oct. 13, 2013



Sight: Jeanne Beker

Canadian fashion icon Jeanne Beker says her background as a mime artist taught her a picture is worth a thousand words. A photo that portrays spontaneity, elegance, drama, sensuality and charm will impress her. "I adore a photograph that tells or suggests an intriguing story," she said. "I especially love portraits."

Smell: Barb Stegemann

"I think I will find scent in a photo by going with my gut reaction," says businesswoman Barb Stegemann. "I will then close my eyes and think a bit and come back to it. That is my process with most things." She is the CEO of 7 Virtues, a perfume company that sources essential oils from legal crops in Afghanistan to provide farmers an alternative to illegal poppy crops.



Taste: John Jackson and Connie DeSousa

Co-owners and co-executive chefs of Calgary's CHARCUT Roast House, John Jackson and Connie DeSousa know what kind of photo makes you salivate. "If it's a roast chicken the skin needs to be golden brown and crisp to the eye with a warm steam lifting from it and drips of juice dripping down the side," said Jackson.

Touch: Maria Franke

Maria Franke, curator of mammals for the Toronto Zoo, is one of the few people who has touched a panda. And she knows that in the animal kingdom, things don't always feel like they look. "(Panda) hair is actually quite coarse," she said. Franke will use that experience to judge how well the sense of touch is conveyed in the photos.



Hearing: Nonna Aroutiounian

Clarinetist Nonna Aroutiounian understands how music can evoke colour and texture in your mind. So, she's hoping the photos she judges will transcend the literal representations of sound — a photo of clarinet or French horn, for example — and make her hear something wonderful.

The sixth sense: Douglas Coupland

Author and artist Douglas Coupland believes in the "sixth sense," and he'll recognize it in a photo. "There is obviously something out there. I don't know how or why it works, but we've all felt it and we all know it's real. That's the sixth sense," he said. He doesn't want a photo that just documents its subject, which, he said, would be merely "Instagram fodder."



Online privacy

LinkedIn asks to disclose FISA data

LinkedIn has asked a secret court to allow it to disclose the number of U.S. national security orders the company has received under the Foreign Intelligence Surveillance Act. On Wednesday, LinkedIn joined four other companies — Google, Microsoft, Yahoo and Facebook — that have similar cases pending before the FISA Court.

THE ASSOCIATED PRESS

Tax evasion

Beanie Babies creator charged

The creator of Beanie Babies stuffed animals was charged Wednesday with federal tax evasion for failing to report income earned in a secret offshore bank account, and he has agreed to pay a more than \$53-million penalty. As prosecutors in Chicago announced the charge against H. Ty Warner, his lawyer issued a statement saying the billionaire would plead guilty and pay the massive penalty.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
97.83¢ (+0.70¢)

TSX
12,931.40 (+97.29)

OIL
\$108.07 US (+\$2.65)

GOLD
\$1,307.60 US (-\$1.80)

Natural gas: \$3.73 (-1¢)
Dow Jones: 15,676.94 (+147.21)

Low-key launch. BlackBerry's new phone has 5-inch screen

BlackBerry, amid minimal fanfare, unveiled another new smartphone on Wednesday, this time with a bigger screen that appears designed to attract users who want a midpoint device between a phone and tablet.

But the launch was largely overshadowed by the latest developments at its competitors and reports that the company is planning to deliver another round of major layoffs.

It's the latest setback for the company, which has been trying to regain ground in the technology market even as consumers seem to be increasingly losing interest in the brand.

The new BlackBerry Z30 comes with a five-inch screen, improved battery life and a faster processor than the models released earlier this year, and is about the same size as its competitor, the Samsung Galaxy S4.

BlackBerry took a relatively low-key approach to promote the new device on Wednesday.

The phone was announced at an event in Malaysia that even chief executive officer Thorsten Heins didn't



The BlackBerry Z30 has a five-inch display, which means it's about the same size as its competitor, the Samsung Galaxy S4. COURTESY BLACKBERRY

Major layoffs ahead?

- BlackBerry could lay off as many as 5,000 employees in the coming months in an effort to return the smartphone maker to profitability, according to a media report.
- The Wall Street Journal says executives are preparing to reduce the company's staff by as much as 40 per cent before the end of the year, citing people familiar with the matter.

attend. MKM Partners analyst Mike Genovese said Malaysia is one of the few markets where BlackBerry has seen growth in recent years, and he expects that local consumers will value the larger screen more than in North America or Europe where alternatives are aplenty.

"It actually points out how limited this launch really is," Genovese said. THE CANADIAN PRESS

Thar she blows! App helps ships avoid whales

U.S. officials trying to reduce the number of whales struck and killed by ships sailing in and out of San Francisco Bay are testing a new smartphone app that could help locate the creatures more accurately.

The Whale Spotter app would allow sailors, fishermen and marine scientists who spot whales to plot their location on an interactive map. The maps created could then be used by officials to recommend different vessel routes.

John Berge, vice-president of the Pacific Merchant Shipping Association, said the shipping industry supported development of the app as another tool in a new arsenal being created to reduce the strikes. THE ASSOCIATED PRESS



A blue whale is shown near a cargo ship in the Santa Barbara Channel off the California coast. THE ASSOCIATED PRESS FILE

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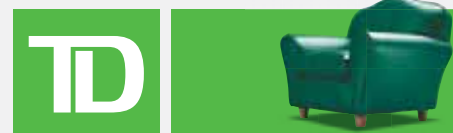
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TAKE GUESSING OUT OF THE GAME

Hockey's off-season is over! What a terrible couple of weeks that was.

Without the lifeblood of hockey coursing through my veins, I was forced to have awkward conversations with friends about topics I'm not actually interested in, such as their friendship. But now that the Zamboni has had time to flood the ice not once but twice and the Chicago Blackhawks victory parade has almost wrapped up, we can drop the puck again.

The new season has many storylines that will unfold on TV screens just over my first dates' shoulders this winter, so here's a look at my predictions for the 2013-14 NHL season.

Boston Bruins forward Patrice Bergeron, who last playoffs fought through a separated shoulder, broken rib, torn rib cartilage, and a face that looked like it had been mulched, all in a losing cause, will produce a series of "For The Love Of The Game" youth-recruitment videos, causing Canadian enrolment to plummet.

The Phoenix Coyotes will celebrate their 1,000th customer. Florida Panthers goalie and Tea Partier Tim Thomas will once



HE SAYS

John Mazerolle

metronews.ca

again find himself in hot water politically, when a 1983 photo surfaces showing him shaking hands with Cuban communist revolutionary Fidel Castro.

The New York Islanders, hit by years of budget constraints, will send pink slips to all their left-handed shots. Management will promise to do "more with less."

Vancouver Canucks coach John Tortorella will show a new, softer side by letting reporters finish their questions before politely explaining that their questions are stupid and they should consider another line of work, like base jumping.

This year's outdoor games (23 in all) will remind fans of a gentler, simpler time when games were played outside at an inconvenient distance for \$400 a ticket.

Newly acquired Dallas Stars forward Tyler Seguin, infamous for his partying, will run afoul of management when he's caught with an escort near the left face-off dot at the 13-minute mark of the third period.

In a hilarious gaffe that will be replayed on all of the highlight shows, a Raleigh man will accidentally pay full price for a Carolina Hurricanes ticket.

Pittsburgh Penguins superstar Sidney Crosby will transform from a whiny diver who thinks nothing of cheating and makes fans sick, to a feisty acrobat who will do anything to win and makes Canadians' hearts swell with pride, from Feb. 7 to 23 inclusive. Fans will have no explanation for the change.

The amount of hits to the head will be reduced thanks to a league-wide focus on each team's biggest players punishing transgressors by hitting them multiple times in the head.

Longtime Ottawa Senators forward Daniel Alfredsson will reveal in his first visit to the nation's capital as a member of the Detroit Red Wings, that HE WAS A SENATOR ALL ALONG, hitting Red Wings coach Mike Babcock with a folded-up metal chair before side-suplexing the entire Red Wings roster, then tearing his Red Wings sweater off to reveal the Sens logo beneath, with his face under the helmet.

The NHL Network's new Gary Bettman Isocam will capture each thrown projectile and hurled insult at every game the commissioner attends (four in all).

The Toronto Maple Leafs will win the Stanley Cup.

ZOOM

My selfie ... inside a glacier



JONATHAN TUCKER/SOLENT NEWS

Enter the azure world of a glacier

A brave photographer risked his life venturing into a cave formed by a glacier, all to capture this self-portrait in the surreal icescape. Jonathan Tucker trudged through swamps and up a mountain for more than two hours to reach Mendenhall Glacier near Juneau, Alaska, 1,550 metres above sea level. The glacier is a staggering 21.9 kilometres in length. **METRO**

Photographer's view



"The glacier is constantly melting, so you never know if the

cave will collapse at any minute. It took my breath away. It was terrifying."

Jonathan Tucker, 27, landscape photographer from Whitehorse, Yukon

Ice caves

- Caves form as a glacier moves over a disorder in the ground surface and it detaches itself from the floor. The base layer reconnects with the ground layer, forming striations, thin parallel lines made up of sediment, which refreezes to the base of the glacier.
- Eisriesenwelt, in Austria, is 42 km long — the longest ice cave in the world.

Claustrophobia? Not a problem

Locals had warned Tucker that the water inside the cave was so cold he would have survived for just 10 minutes if he fell in. "I felt very claustrophobic at the beginning, but it started to pass as I was taking photos," he said. "However, I then heard a crack or movement of the glacier above me, which sounded like I was in the clouds in a thunderstorm."

METRO

Clickbait



HANNAH ZITNER

hannah.zitner@metronews.ca

From mapping the mysteries of the mind to discovering the science of sex, there's no shortage of podcasts promoting science for the non-scientists. So rejoice, just because you don't have a PhD in molecular physics, doesn't mean you can't marvel at the mind-boggling universe. Give these three programs a listen:

Neuropod:

From the history of hypnosis to Alzheimer's origins, this podcast, found on nature.com, breaks down the science in our noggin. No background in neurology needed.

Star Talk:

Internet-famous Neil deGrasse Tyson, pictured, keeps science cool by tapping into celebs for his (nearly) weekly podcast. Despite the name, Tyson doesn't just talk space — he also explores the science of "doing it."

RadioLab:

Covering a wide-range of topics from the history of the Heimlich manoeuvre to stories about the science of speed, the well-loved podcast frequently tops the "must listen" lists.



GETTY IMAGES

Twitter



whiff of a weird smell and I don't want to know what it is."

@metropicks asked:

The emoticon marks its 31st anniversary. What's the one emotion for which you wish there was an emoticon?

@FrenchmanCanada: The "I was just being polite, I don't want you to send me more pictures of your DIY project" emoticon.

@CedricRichards: That one emotion for when you feel like a 90s kid

@AnneHayward2: walking on clouds; yearning/longing; dreaming; lots of them!

@NodalesA51: The "I just caught a

@sheldoncoelho: "Thank you, Sorry and Please" because emoting it is easier than saying it. #JustSaying

@dsteeley7: Straight-up unambiguous sarcasm. So many problems would be solved with a universally known/recognized sarcasm face

@Lissa3116: I think a drooling emoticon. #imweird #needitsometimes

@TravelWandering: Emoticon for "this conversation is OVER"

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawaletters@metronews.ca

COROLLA

Like you've never seen it before.

You've seen Corolla many times. But we're sure you've never seen one quite like this.

Introducing the totally redesigned 2014 Corolla. A sleek, expressive exterior design is wrapped around a bold, spacious interior. Take a seat behind the wheel and you'll find impressive attention to detail, starting with its premium soft touch materials. And with a great list of technologically advanced features like a 6.1" Touchscreen Display Audio System with Voice Recognition, a Backup Camera and an available Moonroof that gives you a great view day or night – you'll have more reasons than ever to show it off. No matter how you look at it, it's still the car you can rely on. Only now, you can rely on it to turn a few heads also.



Corolla S shown.

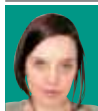


toyota.ca

SCENE 2

Rama-lama ping pong

'The sport of the future.' Ottawa Charity Ping Pong group promises that the revolution is underway



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

If you are looking to get more involved in your community, help out some local charities and have fun while doing it, throw on your best ping pong whites and sign up for Ottawa Charity Ping Pong's (OCP) fourth annual tournament.

Michael Kirkpatrick, commissioner of Ottawa Charity Ping Pong, and his friends started OCP three years ago after being inspired by a charity ping pong event in Toronto.

He says the group had all been volunteering for various charitable organizations and saw this as an opportunity to do even more.

"The Ottawa charitable volleyball market is saturated and the euchre and trivia market is saturated so we figured in Ottawa, we need something new, something fresh, something fun — so we thought Ottawa Charity Ping Pong is the answer," Kirkpatrick explains, adding "the ping pong revolution is upon us."

"Ping pong is the sport of the future," he deadpans.

"It's been around for a long time but now folks are coming around and realizing that ping pong is a lot of fun because you get a good cardio vascular workout and what's



The fourth Ottawa Charity Ping Pong Annual Tournament takes place at SpinBin next week. COURTESY PAT BLAKE/BLAKE PHOTOGRAPHY

happening is there are a lot of ping pong bars that are popping up."

In fact, there's a new ping pong bar that is now open in Ottawa, SpinBin, which will host OCP's tournament next week.

The event has proven to be a popular annual fundraiser that continues to grow. Last year, more than 200 people participated in the ping pong tournament. This year, organizers are expecting more than 300 participants.

"Last year, we raised over

Details

- **Where.** SpinBin (310 Dalhousie St., basement of The Great Canadian Cabin)
- **Cost.** Player registration is \$40 and includes a minimum of two games, two beverage tickets and OCP swag bag
- **When.** Friday, Sept. 27 at 7 p.m.

\$20,000 for the charities so this year we want to raise \$30,000 and we're already off to a really good start," admits Kirkpatrick.

Proceeds from the event will help support four local charities — Youth Services Bureau, Operation Come Home, Christie Lake Kids and

Do It For Daron.

OCP rules state that all players must wear white but Kirkpatrick says costumes are also welcome.

"Everyone is encouraged to wear their best ping pong whites and kind of get into it but it's also pretty interesting some of the costumes people will wear," he explains.

"A classic one is the John McEnroe look. The short, tight, white tennis shorts are also a classic."

For more info, go to ottawacharitypingpong.com.

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How will the cards fall on Emmy Awards night?

Predictions. It's a historic year in the world of TV awards, with *House of Cards* the first online show to nab a nomination

Emmy Awards crystal-ball gazing was so much easier in the old days, circa the last few years: ABC's *Modern Family* would be honoured as best comedy series and a cable show, *Homeland* or *Mad Men* or such, would win best drama.

Modern Family may earn its fourth consecutive trophy at Sunday's ceremony. But the drama picture is murkier because of Netflix's *House of Cards*, the first online program to be nominated for top series honours under a 2007 Emmy rule allowing digital contenders.

"We didn't believe it would take as long as six years-plus for the world to start looking to this new explosion of original content," said Rob Barnett, who moved his career from cable (MTV, VH1) to online as founder and CEO of My Damn Channel. "But it's clearly happening."

Whether *House of Cards* will actually claim the trophy is another matter. It took more than a decade before a cable show, HBO's *Sex and the City*, prevailed as a top series winner; in an impatient world, might *House of Cards* compress the time frame?

Or it is possible that astute Emmy voters smacked their foreheads, realized they had yet to crown AMC's *Breaking Bad* as TV's best drama and made amends? They should have, we say in unison. Here are some predictions for the 8 p.m. EDT ceremony on CBS hosted by Neil Patrick Harris — who, no Ouija board needed, will be reliably outstanding.

Drama series

Should win: *Breaking Bad*. It's at the height of its power, and Walter White knows where you live.

Will win: *House of Cards*. Ambitious politician trumps ambitious drug dealer in Washington-bedazzled Hollywood.



Will *Breaking Bad* take home the win for best drama series? CONTRIBUTED

Comedy series

Should win: *Louie*. Life can be brutal, but also brutally funny in Louis C.K.'s hands.

Will win: *Modern Family*. It's comfortably amusing and academy voters like it, they really like it.

Actor, drama series

Should win: Jon Hamm, *Mad Men*. Don Draper finally confronts his pain and what he's done to others. Hamm's trophy is even more overdue.

Will win: Kevin Spacey, *House of Cards*. Take that, movies! TV is better than ever, and honouring a visiting big-screen star drives the point home.

Actress, drama series

Should win: Kerry Washington, *Scandal*. She offers a powerhouse performance that keeps the madcap series spinning but not out of control.

Will win: Kerry Washington, *Scandal*. Don't overthink what will be an unprecedented African-American victory; she simply deserves it.

Supporting actor, drama series

Should win: Bobby Cannavale, *Boardwalk Empire*. Of course he can bring a fresh spin to a gangster role; what can't this actor do?

Will win: Aaron Paul, *Breaking Bad*. His character's vulnerability is habit-forming, and he's poised



Kevin Spacey brought some big screen swag to *House of Cards*. CONTRIBUTED

for his third consecutive win.

Supporting actress, drama series

Should win: Christina Hendricks, *Mad Men*. When the going got tougher so did her character, and Hendricks soared.

Will win: Anna Gunn, *Breaking Bad*. It's the embattled Mrs. White's turn to shine.

Actor, comedy series

Should win: Don Cheadle, *House of Lies*. There was a reason for his upset Golden Globe victory over Alec

Baldwin and other past winners.

Will win: Louis C.K., who made the sad clown irresistible.

Actress, comedy series

Should win: Laura Dern, *Enlightened*. If you're looking for layered humanity in any character, she's your woman.

Will win: Julia Louis-Dreyfus, *Veep*. She wears power and the lunacy of ambition well. Elaine who?

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Michael C. Hall says he will miss the decisiveness of his character Dexter. CONTRIBUTED

His killing time is over

Dexter. As the series draws to a close, Michael C. Hall reflects on his complex character

tracks. The narrative device made it possible for viewers to tolerate, even like, someone who did reprehensible things.

"He's so far from anything I experienced him to be at the beginning," Hall said over lunch, a few weeks after filming the 96th and final episode of the series that began in 2006.

"He's the same character, but he's in many ways a different person," Hall said. "He had successfully compartmentalized efficient killing and convinced himself that he is, in fact, incapable of authentic human emotion when we first met him. But that all falls apart, slowly but surely."

Without the writers providing challenges, Dexter ran the risk of becoming an unimaginative murder-of-the-week procedural. Dexter's boundaries were most severely tested at the end of the fourth season when his wife, Rita, was killed and in season six when his half-sister, Debra (real life ex-wife Jennifer Carpenter), saw him knifing someone in the chest.

"I've always thought that it was more interesting to challenge the audience's affection for the character and to move him into choppy waters," Hall said.

He can appreciate people who say they like his work in Dexter. People who say they like Dexter is something else entirely, although Hall has his theories about those fans.

"We live in a world where we have an increasing sense that we're not in control

... and Dexter, in his micro way, controls his universe and that is very appealing to some people," he said. "We all have a sense of injustice in the world, and Dexter is certainly exacting some form of justice within the confines of his own."

Of course, he said, "maybe it's not that deep. Maybe people have murderous impulses they don't act upon and enjoy watching somebody who gets away with it."

Dexter is going out strong. Ratings are higher during the current eighth and last season than they've ever been. That's a familiar pattern for many critically-acclaimed cable series that see their audiences grow as new fans discover the stories and binge on them while the show is on hiatus.

The series was pivotal to Showtime's development, said Matthew Blank, the network's chief executive. "It really felt like this is what Showtime should be," he said. Homeland and Ray Donovan may not have existed without its example.

Showtime will look for ways to keep the character alive even after Dexter ends, Blank said. He wasn't clear on how that would happen.

Hall, 42, is measured in how he makes sure to say nothing revealing in advance about the finale. ("Some people will be happy with it, some people will be troubled by it," he said. "Perhaps some people will be a combination of those things.")

THE ASSOCIATED PRESS



Gwyneth Paltrow. ALL PHOTOS GETTY IMAGES

Public showers aren't really Paltrow's thing

And here we thought the people who brought flip-flops to wear in the gym shower were high maintenance — but they don't touch Paltrow. The actress reportedly has an assistant

go in and wipe down her gym's shower before she uses it.

"She refuses to touch what she calls 'somebody else's shower water,'" a source says.



Liam Hemsworth

Hemsworth gets lucky in Las Vegas

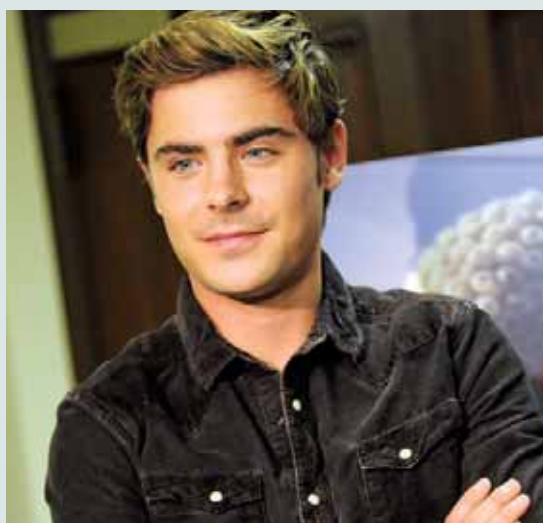
Liam Hemsworth seems to be taking his split from fiancée Miley Cyrus quite well. The Paranoia actor reportedly hit it off with singer-actress Eiza Gonzalez in Las Vegas after they had "just met," chatting over drinks at a nightclub,

according to TMZ. And back in L.A., Hemsworth was spotted stopping by her apartment to drop off a piece of luggage — and engaged in quite the passionate lip-lock in the parking garage.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



It was cocaine, not booze that sent Efron to rehab: reports

THE WORD

Melinda Taub
scene@metronews.ca

Zac Efron's people came clean yesterday and said that he'd recently completed a stint in rehab for alcohol abuse.

However, that burst of honesty may have been a bit of sleight of hand to distract from something they still didn't want to talk about: It was reportedly cocaine, not alcohol

(or not just alcohol), that drove the once squeaky clean High School Musical star to seek treatment.

According to TMZ, Efron's problem was at its worst this spring, when he missed several days of filming on Seth Rogen's Neighbors due to his cocaine abuse.

Uh... so? I mean yeah, cocaine's illegal and a harder drug, but am I the only one surprised that this is such a big deal?

Addiction is addiction, and he's in treatment for whatever it was. Also, everyone in Hollywood seems to do drugs.

Betty White probably does drugs. How else could she be so perky at her age?

Twitter



@aplusk

Yesterday was today's author and today will be tomorrow's but we each hold our own pen.



@lenadunham

You guys, not trying to brag but I was in an elevator with a model.



@SethRogen

"If you pedal uphill enough, peddling flat feels like going downhill." - Lance Armstrong's biography I'm writing in my head.



Madonna

What do you get the singer who has it all? A bong

Madonna didn't hold back when taking part in a recent Reddit Ask Me Anything session, fielding all sorts of questions from the online community. For example, the last dream she remembers having that she's willing to share? "Brad Pitt and I were living

together and there was a small blond child in the bed," she responded. "Sorry Angelina, it was only a dream." And how about the best birthday present she's ever received? "I got a bong in the shape of a penis," Madonna replied.

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My first fashion week

Even the most jaded, poker-faced fashion industry vets started out as bright-eyed youth excited to get a standing room only ticket. We asked a few seasoned insiders to recall the moment of their first entry into fashion's hallowed runway shows.

METRO WORLD NEWS

Lara Mullen, model

"Having been scouted by my model agency Premier two weeks before the shows, I suddenly found myself en-route to New York with a set of polaroids and my auntie Wendy. Many surreal moments followed which certainly got the adrenaline pumping! From balancing in sky scraper heels at Alexander Wang (my very first show), to walking the Prada Milan exclusive to Gisele coming to my rescue at Givenchy, after the strap of my shoe broke!"



Sam McKnight, hair stylist

"The year 1985 in London was all very 'ab fab.' There was a lot of attention on all the club culture and the New Romantics. For Katharine Hamnett's first show we did these kind of flick-up, Miss Moneyppenny-style wigs. Afterwards Lynne Franks, the PR guru (and my agent at the time) threw Katharine a big party at a warehouse in Covent Garden. Lynne made me go home and get one of the wigs from the show so she could wear it. We couldn't find the headband that went with it so Lynne ended up using a tea towel wrapped around her head. That kind of sums up the energy of the time. It was just about having fun. The whole thing was incredibly creative."



Tom Pecheux, makeup artist

"I was assisting at a Chloé show that featured all the supermodels like Christy, Naomi, Linda and Claudia. They all wanted their makeup done by the lead makeup artist or the other assistant that they already knew. No one wanted me so I went to get a coffee. When I came back Christy Turlington was sitting on my chair. I asked her if she was waiting for someone to do her makeup and she said, 'No, you can do it if you want.' I was so happy but also so afraid. My hands were shaking the entire time. Christy isn't only a beautiful model, she's also a wonderful person."



Dani Stahl, style editor-at-large at NYLON

"Whilst interning at Elle magazine I was writing my senior college paper on Betsey Johnson, so my boss took me into the show. I stood all the way in the back and desperately tried to take pictures. I could barely even see but I thought it was the greatest thing that could ever happen."

Fred Butler, designer

"I was interning for AsFOUR in 2001 when they had an exhibition at Colette during Paris Fashion Week. They took me everywhere with them that week and it involved a lot of partying. As a student from Brighton it was ridiculously exciting. The first night I found myself being interviewed by Jeremy Scott for MTV who was asking me what my favourite thing about Paris Fashion Week was. Surrounded by the camera crew, I couldn't answer. I was in shock by the whole surreal situation."

Fragrance for a cause

Invent your own essence

Fragrance company The 7 Virtues will launch its new Custom Blend Box this Saturday to coincide with International Day of Peace. The set allows users to create their own signature peace fragrance and will include four fragrances made with natural essential oils sourced from Haiti, Afghanistan, Israel and Iran. The 7 Virtues fragrances support nations rebuilding after war or strife. The set will be available at Hudson's Bay stores across Canada. **METRO**

The Kit

Canadian street style

Spotted in: Ottawa

Barbora Architect

What she's wearing

Guess Shirt and Jacket, Arden Shoes, C&A Skinnies, HM Sunnies, BAX Bag

Her inspiration

"Comfort, first and foremost."

I also love neutral shades such as black and greys."

THE KIT PHOTOBLOGGER: KATARINA KURUC, LOVEK.ORG

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



Trends Report

- Fall fashion events are a good indication of the trends to come in Spring and Summer 2014. Go online to Trends Report to see which colourful trend I've zeroed in on from New York and London fashion weeks and let me know if you like it or not.

metronews.ca/voices/trends-report

Follow Irene on Twitter at @MetrolreneK

When you wish upon a runway

J.Crew Leather Front Merino Cardigan

\$268, jcrew.com



Anton Heunis Triple Cluster Statement Necklace

\$488, my-wardrobe.com



Wish lists. We all have 'em. From modest ones, to think-big ones, to only-in-our-dreams ones, they're forever growing with bookmarked sites, Instagram snaps, and magazines full of tear outs. Here are the new season picks we're craving here at Metro headquarters. All totally justifiable, of course.

METRO WORLD NEWS

Catarzi Classic Fedora

\$51, asos.com



Rochas Floral Silk-Satin Jacquard Midi Skirt

\$2,520, net-a-porter.com



Miu Miu Pebble-Finish Madras Goat Leather Top-Handle Bag

\$1450, miumiu.com



River Island Light Wash Ripped Cassie Boyfriend Jeans

\$90, riverisland.com



Roksanda Ilincic Estes Checked Silk-Blend Dupion Top

\$720, net-a-porter.com

Rochas Felted Cazantino Wool Coat

\$1470, matchesfashion.com



Pomellato Nudo Ring

\$2250, pomellato.com

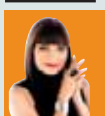


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\$590, miumiu.com



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I've been glamorized by TO fashion illustrator/painter Frederick Watson @rumplstillskine. So, what d'ya think?



Going wild over the Hipanema bracelets at Preston on Ave de la Montagne in #Montreal

RW&Christensen. Actor teams with Canadian retailer on collection



Hayden Christensen for RW&Co. HANDOUT

Hayden Christensen is bringing a touch of home to his new collaboration with RW&Co. as he branches out beyond the film world into fashion.

The Vancouver-born actor of Star Wars fame is teaming up with the Canadian retailer on a menswear line.

The 20-piece collection is inspired by time Christensen

spent at his farm in Ontario during the holiday season, and will include coats, jackets, shirts, pants, knitwear and accessories. RW&Co. president Sue Vovko says the retailer is thrilled to be teaming up with the actor, whom she described as "a talented Canadian known for his aspirational and effortless personal style." **THE CANADIAN PRESS**

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DESIGN CENTRE
Karl Lohnes
home@metronews.ca

Flannel sheets

Replace those jammies and get in bed with something warm and fuzzy. Polka Dot Flannel Sheets, starting at \$25, simons.ca.



Synthetic cowhide

Throw this over a larger rug for a layered look and cozy feel underfoot. Looks like the real thing! Synthetic Cowhide, Nevada in Camel & Beige, \$249, homesav.com.



Mohair throw

This will become your best friend on those snowy, grey days. Cuddle up with a good book in style. Mohair Throw with Fringe, \$199, zarahome.com.



Cast iron

A fabulous industrial look with the returning popular trend of cast iron. Staub Teakettle, \$150, crateandbarrel.com.



Brushed velvet drapes

Keep out cool winter drafts in style. Brushed Cotton Velvet Drapes, from \$199, restorationhardware.com.



Electrical fireplace

Handsome Scandi-1970s design that adds optional heat during those chilly nights. Slips into the closet during summer months. Aspen Pedestal Electric Fireplace, \$249, homedepot.ca.



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More are going solar but cost is cooling interest

Don't forget leasing. Proof from the U.S. shows that savings are there to be made and environmental peace of mind isn't too expensive

Ben Kunz wanted to do "the green thing" and save on his electric bill without paying a lot of money up front. So instead of buying a solar system for his house in Cheshire, Conn., he leased one.

"I thought it was a pretty good deal," he said.

"I lean a little environmentalist so I'm concerned about global warming." Increasing

numbers of U.S. homeowners are relying on the sun to meet much of their hot water and electricity needs.

In fact, residential electricity produced by solar in the first quarter of 2013 was almost 10 times higher than that generated in 2008, according to the Solar Energy Industries Association.

But the potential for more is huge. Consider this: "The amount of solar energy falling on the United States in one hour of noontime summer sun is about equal to the annual U.S. electricity demand," the Energy Department says in its SunShot Vision Study.

"Saving money and being energy efficient rank really high with consumers today," said Kit Selzer, a senior editor at

Better Homes and Gardens.

A Gallup poll in March found that 76 per cent of Americans thought the country should put more emphasis on producing domestic energy from solar power. So what's stopping more folks from going solar?

"We found that a lot of people were afraid to go solar because they were too afraid of what they didn't know," said Ketch Ryan, who had a solar energy system installed in her Chevy Chase, Md., house several years ago.

To help neighbours, Ryan and Kirk Renaud founded a co-operative, Common Cents Solar, "to make sure we didn't have to reinvent the wheel. We can do it together and we can do it more efficiently."

The first thing is to get your roof assessed to see whether it's viable for solar. The roof's condition, material and angle are among the considerations.

One misconception is that you need a south-facing roof. While south is optimal, solar can be installed on roofs facing east and west, too. "Walk outside on a sunny day and look at the roof," advises Rhone Resch, president and CEO of the Solar Energy Industries Association.

Is the roof covered with shade? If not, your house may be a good candidate for solar. Some solar companies use Google maps for a first look before sending out staff for a fuller assessment.



Ben Kunz's house with solar panels installed on the roof in Cheshire, Conn. AP PHOTO/SOLARCITY

Another option

Can't afford going solar? Try leasing

Leasing has opened up solar to a whole new group of homeowners, said Jonathan Bass, SolarCity spokesman.

"We think of ourselves as an energy provider," he said. "Installation is free and the customer pays for electricity."

Solar-generated electricity, that is, for a monthly

fee. The cost is lower than if purchased through the electric company. "We insure the system for the customer," Bass said. "We provide monitoring service. We provide repair service... And we also guarantee the performance of the system." Jeff Hodgkinson of Mesa, Ariz., said it was that full-service option that prompted him to lease. He paid the full cost of the 20-year lease at the start and expects to begin realizing the savings in about five years.



Ketch Ryan's house, with solar panels on the roof. AP PHOTO/MANUEL BALCE CENETA

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Guilt-free fast food: Chicken Chili Burritos

These burritos are still a bit of an indulgence, but ground chicken lightens the filling.

1. In large saucepan, heat 1 tbsp of the oil over medium-high heat; cook chicken, breaking up with spoon, until no longer pink, about 8 minutes. Drain fat from pan. Transfer chicken to bowl and set aside.

2. In same saucepan, heat remaining oil over medium heat; cook onion, garlic, oregano and salt until soft, 3 minutes. Stir in tomato paste; cook 1 minute.

3. Return chicken to pan. Add tomatoes and chili powder;

Ingredients

- 2 tbsp vegetable oil
- 1 lb (450 g) ground chicken
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 tsp dried oregano
- 1/2 tsp salt
- 2 tbsp tomato paste
- 1 can (28 oz/796 mL) diced tomatoes
- 3 tbsp chili powder
- 4 large flour tortillas
- 3/4 cup shredded Cheddar



This recipe serves four to six. YVONNE DUIVENVOORDEN

bring to boil. Reduce heat to medium; simmer, stirring occasionally, until thickened, about 15 minutes.

4. Spoon chili onto centre of each tortilla; sprinkle with Cheddar. Fold in bottom and sides; roll up. Place, seam side down, on greased baking sheet.

5. Broil burritos, about 6 inch-

es (15 cm) from heat, until crisp and golden, about 10 minutes

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Cookbook of the Week

Best and easy, too



CBC Television and Canadian Living have teamed up again to offer foodies a second volume of the Best Recipes Ever cookbook.

Chapters in the sequel to the show's (Best Recipes Ever airs weekdays on CBC TV at 3 p.m.) best-selling book include: Weeknight Dinners, Weekend Dinners, Light & Lovely, Rise & Shine, On the Go and Sweet Treats.

Meanwhile, among the specific recipes are Cioppino, Tangine of Beef with Prunes, Raspberry Chipotle Wings, Frozen Peanut Butter Pie and more. METRO

Lunch. Smoked Ham, Brie & Cranberry Sandwiches



This recipe serves two. RYAN BROOK

"The cranberry sauce or onion marmalade in this sandwich definitely makes it one for adults," write the experts from The Canadian Living Test Kitchen in Best Recipes Ever Vol. 2.

"For a more kid-friendly lunch, use a fruit spread in-

stead."

1. Spread cranberry sauce over cut sides of bottom halves of rolls. Divide ham and Brie cheese evenly over cranberry sauce; top with lettuce. Sandwich with tops of rolls.

Ingredients

- 2 tbsp whole-berry cranberry sauce or onion marmalade
- 2 whole wheat kaiser rolls, halved
- 4 oz (115 g) thinly sliced smoked ham
- 2 oz (55 g) Brie cheese, sliced
- 2 leaves lettuce

Tough rules are safeguard



LESLEY SCORGIE
For Metro

Qualifying for a mortgage in Canada is harder than it was pre-financial crises due to stricter lending rules aimed at cooling down Canada's red-hot real estate market and reining in dangerously high personal debt levels amongst Canadians.

Today, Canada Mortgage and Housing Corporation (CMHC) insurance is required on homes with down payments of 20 per cent or less and the maximum amortization period is 25 years. But if a homebuyer wishes to put down more than 20 per cent, some lenders may accept an amortization period of more than 30 years.

Whether you are employed or self-employed, you will need to produce proof of a stable income. Lenders may request a letter to confirm employment income, to review pay stubs or to see your latest tax notice of assessment, a document that shows your income and whether any taxes

are owing.

Your credit history is another key factor — if it's not in tip-top shape, it's unlikely you will qualify.

Most lenders require that you put a minimum of five per cent down from your own resources or by way of a gift from an immediate relative. This is in addition to the closing costs for the transaction.

To determine what you can afford, lenders calculate your gross debt-service ratio (GDS), which can't be more than 32 per cent of your gross monthly income. It is comprised of your mortgage payment, plus house insurance, plus property tax, plus heat bill. If you have a condo, you must include half of the monthly condo fee.

Your total debt-service ratio (TDS), can't be more than 40 per cent of your gross income, and is comprised of your GDS plus other monthly debt obligations (credit card payments, line of credit payments, vehicle loans, etc.).

Though Canada's lending rules may seem tough, they help protect homebuyers from overextending themselves and help Canadians build a stronger bottom line.



Your credit history is a key factor in securing a mortgage — if it's not in tip-top shape, it's unlikely you will qualify. PRESSMASTER/COLOURBOX

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-Brian and Lyn L.



-Marnie Bennett, Broker

Home purchase price. Be wary of hidden fees



LESLEY SCORGIE
For Metro

Homebuyers, prepare yourselves. Experts recommend setting aside approximately two to three per cent of a home's purchase price for "hidden" fees such as:

Realtor fees: If you are sell-

ing a home while in the process of buying a new one, and have used a realtor, you will pay a hefty fee for their service. The going rate in Canada is seven per cent on the first \$100,000 and 3.5 per cent on the remaining purchase price balance.

Legal: To finalize your home purchase you will have to hire a lawyer/notary to process the deal.

Land transfer tax: This is

likely the most expensive aspect of closing costs for a resale home, which is typically less than two per cent of the value of the property. It is a provincial or municipal fee for a change in real estate ownership.

Closing adjustments: Disbursements are property expenses that sellers have paid and need to be reimbursed for such things as utilities, municip-

pal property tax, and condo or maintenance fees.

Home inspection: Though home inspections cost as much as \$500, they can save major headaches later on. Inspectors render an opinion on the condition of the property and state what needs replacement or repair. If there is something majorly wrong with your property, an inspector should be able to detect it and your real-

tor can advise on whether you should proceed with the purchase.

Appraisal fees: These typically range between \$150 to \$300. However, if a mortgage is insured through the Canada Mortgage and Housing Corporation, Genworth or Canada Guarantee, the fees are generally waived. Appraisals are a tool to help buyers determine a home's market value.

GST: If you are buying a new home, you will pay GST, and may qualify for a rebate.

Interest adjustments: This is the amount of interest you will need to pay between the date of your closing and first mortgage payment.

Other hidden fees include home and title insurance, utility hook-up costs, an Estoppel certificate (for condominiums), and moving costs.



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Stats show that people who set financial goals are far more likely to achieve them compared with those who don't. SYDA PRODUCTIONS/COLOURBOX

Budget rules

Stats show that people who track their money and set financial goals are far more likely to achieve them compared with those who don't.

Homeowners, in particular, need a budget in order to track their expenses, of which there can be dozens each month, and ensure they don't wander financially astray.

Create a new spreadsheet or download a budget tracking tool from your bank's online website, the Canada Mortgage and Housing Corporation, Mint.com, or Google documents.

Start by listing all your sources of monthly income — employment, freelance work, royalties, consulting, child support, alimony, government support, bottle returns, etc. Total it up.

Next, list your sources of expenses. But when you do this, put your mandatory expenses up top like retirement savings, mortgage payments, taxes, insurance, condo fees, loan payments, utility bills, home maintenance and groceries. Nice-to-have expenses, such as dinners out with friends, should be listed below. Total up

Increase your income

- If your budget is squeezed each month, increase your income and try the following — get a second job, work extra hours, take on freelance or consulting work, hock your possessions on Kijiji, get a roommate, or rent storage space.

your expenses.

When you subtract your total expenses from your total income, you have your bottom line. If you are in the red, you will need to cut back on nice-to-have expenses and/or increase your income.

As a homeowner, the biggest favour you can do yourself is budget for regular home maintenance like furnace cleaning, and plan for the unexpected like a water heater conking out or sink dripping through the floor. Most experts recommend you have between one and three months worth of salary set aside for "just-in-case" home expense surprises. **LESLEY SCORGIE**

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to \$300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance \$100,000. †Savings based on \$100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Royal Bank of Canada Prime Rate is 3.0% as of August 7, 2013. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. ©/™Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

Ryan credits Leafs coach for role in his growth

Battle of Ontario. Big off-season acquisition to experience provincial rivalry for the first time Thursday in pre-season action

Bobby Ryan is the first to admit that he and Randy Carlyle had a tumultuous relationship. But he also knows his former head coach made him a better player.

Ryan, now with the Ottawa Senators, played under Carlyle for parts of five years with the Anaheim Ducks. Carlyle is now coaching the Toronto Maple Leafs and the two will face each other in a pre-season game in Ottawa on Thursday.

The 26-year-old Ryan, acquired in a trade from Anaheim July 5, is anxious to make a name for himself with the Senators and isn't interested in dwelling on the past. When asked about his relationship with Carlyle, Ryan said it may have been misunderstood.

"It wasn't a bad relationship, it just wasn't a great one," said Ryan. "That's all it was. He's a tough coach and I

still really do owe him quite a bit for becoming the player that I am and that isn't lost on me one bit."

Ryan first arrived in Anaheim as an eager 20-year-old looking to live up to his second-overall selection in the draft. But after just four games in the NHL, he was sent down to the American Hockey League and ended up playing just 23 games with Anaheim. Over the next 3 1/2 years, Ryan and Carlyle had their share of disagreements.

Looking back, Ryan admits he may not have had the emotional maturity to deal with Carlyle.

Some believed the animosity between the two became so bad that it played a factor in Carlyle being fired after just 24 games in the 2011-12 season.

"I get sometimes he was a little too hard on me and that was just being young and not taking things the right way, that's all it was," said Ryan. "I don't think it was any reason that he was let go or anything like that. I just wish I hadn't taken things so personally when it came across. That's all it was. I truthfully don't think he had anything but the best intentions for me in his mind." **THE CANADIAN PRESS**

Praise for Ryan

When asked about Bobby Ryan, Randy Carlyle also chose to leave any ill will behind the two in the past.

- "I think Bobby was a young kid that had a different body makeup from what

he is now," said the Leafs coach. "He put (in) a lot of time and effort, and it's a tribute to him to get himself in the type of condition that he is now versus where he came out of junior."



Senators forward Bobby Ryan plays with a puck as he visits young players at a hockey camp at the Bell Sensplex on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Kevin Cheveldayoff. Jets extend GM's contract through 2017-18 season

The Winnipeg Jets are giving general manager Kevin Cheveldayoff the same security they give their star players as he tries to turn the team into a playoff contender.

The club extended Cheveldayoff's contract through the 2017-18 season on Wednesday, a much longer deal than head coach Claude Noel was given in the off-season. His contract will expire at the end of next season.



Kevin Cheveldayoff
THE CANADIAN PRESS

Jets co-owner Mark Chipman said. "I believe he and his

"We couldn't have a more capable guy leading our team for the long-term so we've extended Kevin back to his original term of five years,"

family are deserving of that and I also believe the fans of our organization are deserving of knowing where we're going and how we're going to get there."

Cheveldayoff was originally named to the position in June 2011 as the Jets relocated to Winnipeg from Atlanta. In his two seasons so far, the Jets have an overall record of 61-56-13 and missed the playoffs both years. **THE CANADIAN PRESS**

24/7

Leafs get taste of brighter lights

There were more cameras than normal at Wednesday's Toronto Maple Leafs practice, and goaltender James Reimer didn't know what was going on at first.

The Leafs are used to the bright lights and attention that come with playing in Canada's biggest NHL market, but this was something different, as HBO's 24/7 was making its first appearance at the team's practice

facility, more than three months before the Winter Classic. It was a one-day cameo and a taste of what players and coaches will encounter once daily shooting gets underway in December for the league's annual behind-the-scenes series.

"This is just a precursor to what's coming," coach Randy Carlyle said. "We've had our preliminary discussions about how we're going to deal with it and what we're going to do. In reality, we're not going to see them again, probably, till Dec. 1."

THE CANADIAN PRESS

4 SPORTS

GSP generous with his fellow fighters

MMA. Welterweight champ kept up-and-comer Ricci on his toes in lead-up to UFC 165

They say iron sharpens iron, which augurs well for Mike Ricci at UFC 165 this weekend.

The 27-year-old lightweight from Montreal spent much of his 10-week training camp for American Myles (Fury) Jury working with UFC welterweight champion Georges St-Pierre.

The two have trained before but the busy St-Pierre was in Montreal for an extended period of time — “which is rare,” according to Ricci — that dovetailed with Ricci’s camp.

“He has been my main sparring partner for this fight,” Ricci said. “I’ve done most of my rounds this training camp with him.”

Not surprisingly, Ricci (9-

Open ears

“I had some UFC jitters, but I spoke with GSP two days ago and he said, ‘Listen, get used to them because they never, ever go away.’”

Mike Ricci on advice given to him by Georges St-Pierre before his win over Colin Fletcher at March’s UFC 158 in Montreal.

3) lost most of those rounds against the bigger man, and a champion to boot. But the 155-pounder says he began to steal the odd one.

“It feels good when you’re working and working and you win small battles here and there against guys like that,” he said. “You know you’ve been improving.”

Light-heavyweight titleholder Jon (Bones) Jones takes on Sweden’s Alexander (The Mauler) Gustafsson in Saturday’s main event at the Air

Canada Centre.

Ricci is one of seven Canadians on the undercard. Francis Carmont, a French middleweight who fights out of Montreal, is on the main card.

Ricci also trains with welterweight Rory (Ares) MacDonald, a close friend, at Montreal’s Tristar Gym.

Like GSP, MacDonald is preparing for a fight at UFC 167 in November. St-Pierre takes on No. 1 contender Johny (Bigg Rigg) Hendricks in the main event at the MGM Grand Garden Arena in Las Vegas while No. 3 MacDonald faces No. 8 (Ruthless) Robbie Lawler.

Ricci says St-Pierre is more than generous with his time in the gym.

“It’s unreal. If Georges wanted to, he could just do his own thing and then leave,” said Ricci. “But he stays and he puts in work with guys. Not only just me because I have a fight coming up, he’ll work with everybody.”

THE CANADIAN PRESS



Messi, Barca rout Ajax

Xavi Hernandez, left, celebrates with Lionel Messi after Messi scored FC Barcelona’s fourth goal on Wednesday against Ajax Amsterdam. The host FC Barcelona won the Group H Champions League match 4-0.

DAVID RAMOS/GETTY IMAGES

NFL

Browns rebuilding without Richardson

Trent Richardson didn’t fit into the Browns’ plans. They’re pushing forward without him.

Cleveland traded the powerful running back to the Indianapolis Colts on Wednesday, a stunning move just two games into this season and only one year after drafting Richardson in the first round.

Richardson was dealt for a first-round selection in next year’s draft, when the Browns will have two opening-round picks and 10 overall. Cleveland is rebuilding and the team hopes to use those picks — seven in the first four rounds — to help turn around a floundering franchise mired in losing for more than a decade. **THE ASSOCIATED PRESS**



Trent Richardson GETTY IMAGES

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Horoscopes

Aries

March 21 - April 20

It is important that you keep your thinking simple today. Don't go confusing people, or yourself, with ideas that are too big to grasp. You are already heading in the right direction.

Taurus

April 21 - May 21

You must not compromise your position, no matter how much pressure you may be under from those you work or do business with. Stay calm and simply refuse to budge.

Gemini

May 22 - June 21

You may be tempted to push ahead with a project you know friends and family are unlikely to agree with, if only to remind them that you are in charge. But is it worth the bother? The full moon says it's not.

Cancer

June 22 - July 23

You don't have to crack jokes every two minutes to keep others amused. The moon, your ruler, endows you with a wonderful sense of humour but it should be used sparingly.

Leo

July 24 - Aug. 23

Do you listen to the part of your mind that urges caution or do you listen to the part that says "take a risk"? Only you can decide but be aware that today's full moon could easily make a fool out of you.

Virgo

Aug. 24 - Sept. 23

Partners may be critical of what you are doing but if you are smart, you will listen to what they say today because in among all the wrong-headed comments is one that has a grain of truth in it.

Libra

Sept. 24 - Oct. 23

The more you complain about something, the worse it gets, so take the hint and shut up. It's quite possible that someone is being difficult for no other reason than they enjoy the negative way you respond.

Scorpio

Oct. 24 - Nov. 22

Don't give up on something because it isn't progressing as fast as you would like. It would be a shame to waste all the time and effort you have put into it. Come back to it later.

Sagittarius

Nov. 23 - Dec. 21

The full moon warns you could find yourself caught in the middle of someone else's war. There is no right side or wrong side in this dispute, so steer clear. It's not your fight.

Capricorn

Dec. 22 - Jan. 20

It's unlikely you will achieve much over the next 24 hours, so don't push too hard. Even a Capricorn needs to recharge their batteries once in a while, so plug in to the full moon and fill up on lunar energy.

Aquarius

Jan. 21 - Feb. 19

No matter how confident a friend sounds, you are advised not to be taken in by their latest big plan, especially if it involves your money in some way. There can be only one loser.

Pisces

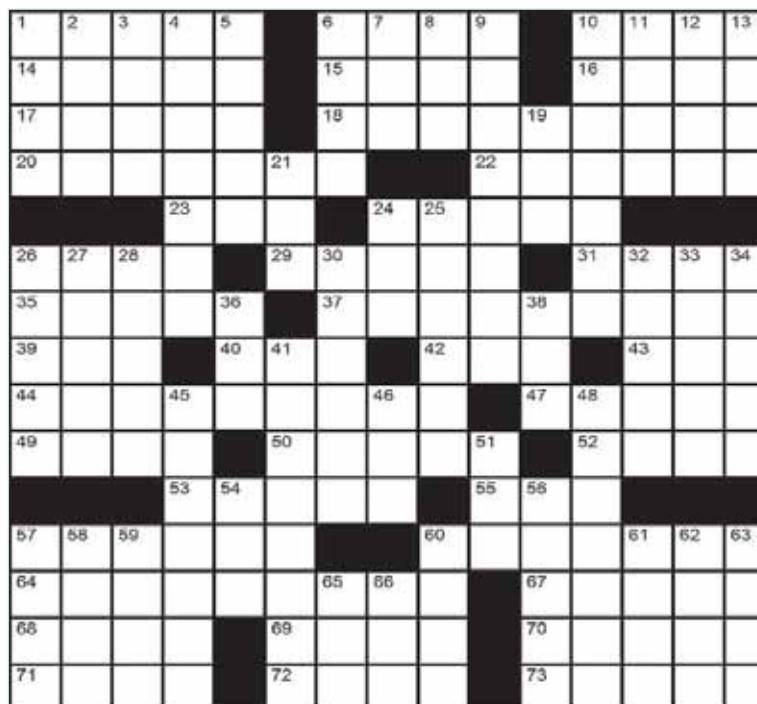
Feb. 20 - March 20

The moon is full in your sign today, which is good in some ways and not so good in others. You will be more active and ambitious but watch out you don't lose touch with reality. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Mr. Lundgren of "Rocky IV" (1985)
6. Cartoon co-star of Phineas
10. US state
14. Dean Martin's "That's ___"
15. Succulent plant
16. ___ Jury (Mickey Spillane novel)
17. Revolving mechanism
18. Newfoundland seafood delicacy: 2 wds.
20. Bilingual community of Winnipeg, St. ___
22. Overly long sentences
23. Actress, Lucy ___
24. Literary genre
26. Celebrity
29. Welcome
31. Bit of jazz
35. Articles
37. 'O' of TSO (Classical music!)
39. Gr. Neil Young joined
40. Howe'er
42. PC 'key'
43. Have a bug
44. Miner hats attachments
47. Farm mounds
49. Naturalness
50. Skin products giant
52. Ancient harp
53. "Star Wars" (1977) role, Darth ___
55. Mr. Linden



57. TV show
60. Asks to the party
64. Some of a Tim Hortons 'double double': 2 wds.
67. Dionne Warwick's "___ Little Prayer"
68. Same: French
69. To ___ it may concern...
70. Old tales

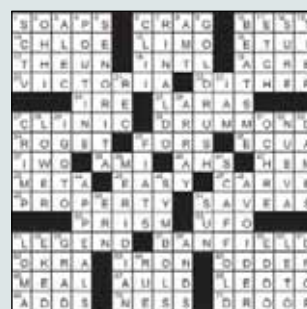
71. "___ bien!"
72. Puppy bites
73. By ___ (How close races are won) **Down**
1. "Oh, fudge!"
2. 1847 Herman Melville story
3. J.R.R. Tolkien trilogy, commonly
4. Something to be

- solved
5. "___ stand, head in hand..." - The Beatles
6. Datum
7. "Turn to Stone" gr.
8. Mr. Stewart
9. Becomes engaged, 1800s-style
10. 'Find Fabulous For Less' store in Canada

11. "Let ___" by Luba: 2 wds.
12. Cast out
13. So-so grades
19. 'Danger' suffix
21. Floor covering
24. For each
25. Withdraw from a court case
26. Archival 'sheet' at the library

27. Between harbours: 2 wds.
28. Ms. Suvari's
30. Dorm sharer
32. Po River locale
33. Skillet user, variantly
34. Bogus
36. Letters on a Cardinals player's baseball cap
38. Wane
41. Like intricate details on haute couture garments
45. Gadgets
46. TV's modern-day VCR
48. Sackville, NB's Mount ___ University
51. "Kung Fu" actor, Philip ___
54. ___ Lingus (Ireland's flyer)
56. "Canadian Idol" Season 4 champion, Eva ___
57. Charge card printout, briefly
58. Water carrier
59. Ancient empire
60. Belief systems
61. Root vegetable
62. Optometrist's study
63. Mailing request, commonly
65. Sushi tuna
66. Floor cleaner

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

23°/12°
Variable

Friday

27°/12°
Mainly sunny

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